



heart disease

make a *personal* commitment
to your health

You don't want heart disease to control your life.

Neither do we.

*Heart disease may not be curable. But with the right care, it can be manageable. That's why we designed **CIGNA Well Aware for Better Health® for heart disease**. A program that gives you personalized support and a wide selection of tools. The only thing you really need to add is your personal commitment.*

Listen to your heart.

You're probably already receiving care for heart disease through your doctor. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by taking it easy when you're out of breath. But also by eliminating or reducing risks that can worsen your condition – smoking, inactivity or high cholesterol, for instance. Our program also will help you control other diseases that affect the heart, like high blood pressure. You'll learn about red flags like sudden weight gain. And which medications can help prevent the onset of a heart attack. And if you are enrolled in a CIGNA Dental Plan, you may qualify for enhanced dental benefits for treating periodontal (gum) disease. Research has shown that gum disease is linked to complications for heart disease. Call Member Services at the number on your CIGNA HealthCare ID card – and follow the prompts to dental – to find out if you can take advantage of this enhanced benefit.

Understanding health risks and your own body's stress signals is important. So **Well Aware** will provide personalized support that includes educational materials to meet your needs. Like a quarterly newsletter on heart disease. As well as access to health information on our website, self-care reminders and health tips. And a workbook to record symptoms as a way to become more attuned to your day-to-day health and be better prepared to discuss health concerns with your doctor.



CIGNA

A Business of Caring.



And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. They're here to support you. And to offer the reassuring benefit of their experience with people living with heart disease.

Take control of your life.

Heart disease doesn't have to keep you from a fulfilling, active life. Through **Well Aware**, you'll learn to anticipate early warning signals and manage them better. To make dietary substitutes that reduce salt and cholesterol, but not flavor. To exercise wisely. And to reduce risks for heart attack, as well as complications like depression, by following a plan you've worked out with your doctor. So when you're tired, stressed out or just feeling less than your best, you'll be better equipped to deal with it. With the right plan and the right medications. So you can spend less time being a heart disease patient and more time living your life.

Our commitment.

To help us deliver high-quality service that you can rely on, the **Well Aware** program for heart disease works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people, and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

Find out more.

For more information about the **Well Aware** program for heart disease, call the **Well Aware** team at **1.866.797.5833**, or visit our website at www.cigna.com/wellaware.

If you have questions about your benefit plan, please call your health plan's Member Services.

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